

The New Columbia Neighbor

October 2010



Congratulate Gavin Van Vleek!

Gavin was selected to attend the Digital Connectors instructors training in Los Angeles. The Digital Connectors program will give up to 15 young residents from New Columbia a chance to learn about broadband technologies and how to put that knowledge to work in a range of community service activities.

Starting on October 18th, New Columbia participants will gather three times a week to learn digital literacy skills, including software, networks, hardware and installing programs. They also will learn life management skills such as résumé writing and interviewing. Gavin will be the instructor leading the Digital Connectors program for New Columbia!



We want your feedback!

Be the first to learn about One Economy's innovative Community

Homepage and how it can help you connect to online resources, programs and tools to help you live a better life.

You're invited to attend one of the following sessions:

October 5th 2010

4610 N Trenton St (Worksource building)

12:00pm - 2:00pm

Light Refreshments

Or

October 6th 2010

4625 N Trenton St

Community Education Center

4:00pm - 6:00pm

Light Refreshments

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HELP WANTED

After-School Digital Connectors Program Assistant

POSITION SUMMARY:

This is an after-school volunteer position working with 15 students (ages 14-19) as part of a regular after-school technology group. A small stipend will be given. The position is responsible for providing academic and clerical support to the class instructor.

POSITION DESCRIPTION:

- ◆ Communicates with the students, parents, and Program Coordinator about academic progress and areas of additional academic support if needed.
- ◆ Works with the Program Coordinator and instructor to develop and implement an overall school success plan for students.
- ◆ Supports the instructor during classes.
- ◆ Participates in the enrichment activities/field trips.

Program Administration:

Records specific data documenting student participation and progress in the program. Maintains accurate and up-to-date records of student participation.

QUALIFICATIONS:

- ◆ Ability to pass criminal background check
- ◆ Ability to commit time from October 18th to June 2011.
- ◆ At least 18 years old.
- ◆ Must like or be interested in technology/education
- ◆ Experience in working with youth
- ◆ Community oriented
- ◆ Preferable bilingual (English-Spanish)

If interested: please contact Begoña Rodriguez at 503.943.5673 by October 1, 2010

Community Services Corner



**WORKSOURCE
PORTLAND METRO**

WorkSource Express

New Columbia Opportunity Center
4610 N Trenton Street
503.943.5642

Employment Services

When you become a member of WorkSource Portland Metro, you'll have access to multiple job finding tools, online job search tools, job readiness workshops, short-term skill upgrades, occupational skills training, on-the-job training, basic computer classes, and a full-service career center.

We'll assess your basic skills and provide you with a variety of career building experiences to help you return to work.

Check with your WorkSource Center staff about pre-requisites for training programs.

Clases de Ingles Gratis para Adultos (Free English Classes for Adults)

Cuando/Dates:

Los lunes y miercoles/Mondays and Wednesdays

Otoño/Fall: Del 4 de Octubre al 24 de Noviembre
From 10/4 to 11/24

Invierno/Winter: Del 10 de Enero al 2 de Marzo
From 1/10 to 3/2

Priamavera/Spring: Del 4 de Abril al 15 de Mayo
From 4/4 to 5/25

Localizacion/Location:

Roosevelt High School
Salon 107/Room 107
6941 N. Central Portland, OR 97203

Cuidado de niños/Childcare provided

Preguntas/Questions call:

**For English, Danielle de Marco 503-501-7944
For Spanish, Izetta 503-988-5397**

**Are you 18-24 years old?
Live in Portland?
Looking to start a career?**

Open Meadow Career Connections Training

Start with a challenging 6 week training:

- ◆ Opportunities to increase confidence, motivation, & hope
- ◆ Networking with local professionals & exploring career options
- ◆ Learning résumé writing and interview skills that will get you noticed
- ◆ Identifying your strengths, skills & passions

Followed by: access to **exclusive internships & three years** of career support and job placement

Fall Training: November 8-December 17, 2010
Monday-Friday 9am-3pm - downtown Portland and North Portland*

*income qualifications apply, this program serves low-income Portland residents

Orientations are required: October 13, 20, or 27.

More info. on this free program: www.openmeadow.org/open/meadow/schools/C155/

To apply, contact Lee Ann Lawrence,
lesann@openmeadow.org, 503-488-5181.

Energy Assistance Appointments

Call 503.721.6760 to make an appointment with the YWCA of Greater Portland energy assistance staff. They will be at New Columbia every Wednesday, starting October 27, but you cannot see them without an appointment. After you get an appointment confirmed, bring two photocopies of your: utility bill, photo ID, social security cards and proof of income. Appointments are located in the Community Education Center at 4625 N Trenton.

Community Services Corner



Estimados vecinos/as,

Como Coordinadores de los Servicios para Residentes, creemos necesario tener una noche de vecinos informal para conocernos y para que puedan hacernos preguntas, dar su opinión y saber cuales son los acontecimientos o proyectos que ustedes creen que mejoraría Nueva Columbia. También nos gustaría que los vecinos más jóvenes participen, anímenles a que traigan ideas y a que compartan con el resto de vecinos.

Traigan platillos para compartir. Nosotros traeremos bebidas y postre. No habrá cuidado de niños.

Reciban un cordial saludo,

Roberto y Begoña

Lugar:

Centro de Educación Comunitario

Cuando:

Miércoles 10 de Noviembre del 2010

Hora:

De 5:30 a 7:00

Innovative
Changes
Making Change Matter

Fall 2010 Course Schedule

Financial Household Stability Group Workshops

- Part 1: Making Ends Meet,**
Wed., Oct. 6, 2010, 11am-1pm
- Part 2: Budgeting and Saving,**
Wed., Oct. 13, 2010, 11am-1pm
- Part 3: Hands-On Banking,**
Wed., Oct 20, 2010, 10am-12pm
- Part 4: Building, Repairing and Protecting Credit,**
Wed., Oct. 27, 2010, 10am-12pm

Workshops will be held at the
New Columbia Opportunity Center,
4610 N. Trenton St., Portland, OR 97203

Registration is free but required!

Classes can be taken individually or as part of the series.

Contact Talia Kahn-Kravis at (503) 943-5620 or,

Register online at:

www.innovativechanges.org/workshop-registration to reserve a spot.

Here's To Your Health



Oregon Mission of Mercy

First Aid for Your Smile Free Dental Clinic!

The Oregon Mission of Mercy (OrMOM) is a large-scale dental clinic where dental treatment is provided **at no cost** to individuals who cannot access and/or afford dental care.

Who Should Come

Adults and children

If you do not have enough money to pay for dental care

If you do not have a regular dentist

Dates

Monday, November 22, 2010

Tuesday, November 23, 2010

Time

Come early! Clinic doors open at 7 am

No appointments

Patients are seen on a first come - first serve basis

The number of patients seen will be limited by clinic capacity

Location

Oregon Convention Center

777 NE Martin Luther King Jr. Blvd

Portland, Oregon 97232

For more information visit www.oregondental.org and click on the Oregon Mission of Mercy link.



The Naturopathic Clinic Has Moved!!!

Thursday's Naturopathic Clinic at the New Columbia Opportunity Center has moved to a new location with different days and times. The good news is that they'll be nearby at the Mount Olivet Family Life Center on Chautauqua Blvd. Dr Peabody and her wonderful staff of students will continue to offer the same quality services on a sliding scale of \$20—\$30 per visit along with a discounted price on prescriptions.

What: National College of Natural Medicine Community Clinic

Where: Mount Olivet *Family Life Center*
8725 N. Chautauqua, Portland, OR 97217

When: Mon, Wed & Fri from 1:15—5:00 p.m.

For appointments call: 503.552.1515

Activities

Choose to Be

@ FREE FAMILY STRENGTHENING PROGRAM AT NEW COLUMBIA!!!!!!

With **GREAT** Families, parents, and children (ages 10-14) learn about:

- ◆ Communication Skills
- ◆ Family Skills
- ◆ Family Relationships
- ◆ Families in the Electronic Age
- ◆

Come share dinner, activities and learn valuable information with your child and other families!

To register call:
 Nazareth at (503) 943.5674 or
 Begoña at (503) 943.5673
 More info: www.great-online.org

Starting date: October 13th thru November 17th
Time: 6:30pm to 8:30pm

University Park Community Center 9009 N Foss

Teen Night age: 13-17

Keep your weekends hoppin' with friends & fun every Saturday Night at the Rec. A combination of Open Gym, Gameroom activity and room to just hang out. ID required.

Sa 7-10pm
9/11-12/18 Free!

GirlStrength age: 13-15

Empower yourself! Develop strong skills while building self-confidence & increase awareness of your surrounding environment. Explore a variety of strategies & self-defense techniques to help defend against sexual assault. This program is sponsored by the Portland Police Bureau.

Sa 7-8:30pm
9/18-11/13 Free!

Teen Leadership Group age: 12-18

Want to be in-charge of your own dance or be involved in community activities? Join a youth empowerment program that emphasizes teamwork, entrepreneurship & volunteerism. Middle & High Schoolers are encouraged to enroll in this after school program.

Sa 6-7pm
9/29-12/11 Free!

Come Celebrate Fall at the Harvest Hoopla Friday, October 29th 5:00—8:00 pm



Join us for an evening of fun, family-friendly activities for all ages:

5:00 pm—8:00 pm

Face Painting

Corner Store

5:00 pm—8:00 pm

Costume Contest

Trenton Terrace

5:00 pm—8:00 pm

Haunted House

Boys & Girls Club

5:00 pm—8:00 pm

Harvest Hoopla Carnival


UPCC Community Center



Remember to drive slowly and watch for pedestrians
 Parents: please escort your children to these events and dress them in reflective clothing

October 2010

For an extensive list of events and happenings, check out the online calendar at www.newcolumbia.org under the Residents tab in the Events section. For more information contact Cheryl West at cheryl.west@gres.com or call her at 503.943.5601. Think there's something to add? Call her up and let her know.

Mon.	Tues.	Wed.	Thurs.	Frid.	Sat.	Sun.
						
4	5	6	7	8	9	10
	One Economy Focus Group 12-2:00 pm New Columbia Opportunity Center 4610 N Trenton	One Economy Focus Group 4-6:00pm CEC 4625 N Trenton	NoPo Business Association Mtg 6:00 pm CEC 4625 N Trenton	Family Night 6-8 pm UPCC 9009 N Foss	Girlstrength 7-8:30 pm Teen Night 7-10 pm UPCC 9009 N Foss	
11	12	13	14	15	16	17
	Girl Scouts 4 pm Fountain Room 4625 N Trenton	G.r.e.a.t. Families 6:30-8:30 pm Teen Leadership Group 6:00-7:00 pm UPCC 9009 N Foss			Girlstrength 7-8:30 pm Teen Night 7-10 pm Teen Leadership 6-7 pm UPCC 9009 N Foss	
18	19	20	21	22	23	24
		G.r.e.a.t. Families 6:30-8:30 pm Teen Leadership Group 6:00-7:00 pm UPCC 9009 N Foss			Girlstrength 7-8:30 pm Teen Night 7-10 pm Teen Leadership 6-7 pm UPCC 9009 N Foss	
25	26	27	28	29	30	31
		G.r.e.a.t. Families 6:30-8:30 pm Teen Leadership Group 6:00-7:00 pm UPCC 9009 N Foss		Harvest Hoopla! 5:00—8:00 pm Corner Store Trenton Terrace Boys & Girls Club UPCC	Girlstrength 7-8:30 pm Teen Night 7-10 pm Teen Leadership 6-7 pm UPCC 9009 N Foss	